

# Packing List

## Items allowed:

3 sets of clothes + 1 pair pajamas

- Rainier Springs has washers, laundry soap and dryers available on each treatment unit.

Makeup: other items allowed are all observed (limit 5 makeup items)

- No items with mirrors, glass, or eye liner sharpeners
- No pencil eyeliners, no pencil lip liner, eyebrows etc.

Toiletries: we provide personal hygiene items such as toothpaste, toothbrushes, deodorant, shampoo and soap

1 Coat with no strings.

- be sure to check certain outdoor jackets for strings that line the bottom inside the jacket such as north face or Columbia jackets

Underwear

Socks

Sport bras

1 pair of shoes and 1 pair of slippers

Wedding bands only allowed for rings

- Other items allowed but advertised: personal pictures/no frames (2 pictures)

## Not allowed:

Spiral notebooks

No hoodies (pulled backwards and ground)

Shoe laces or any strings of any sorts

Bras with the underwire

Clothing items containing string ties. (Ask patient permission before cutting off strings; try to pull them out first)

Revealing/revealing clothes

- allow 1 undershirt but should make sure pt. knows it's for undershirt purposes

Clothes with inappropriate, sexual images, racists, sexism images

Clothes with images that might trigger or offend other patients (skulls, blood, nudity etc).

Chargers

Headphones/earbuds--- provided by Rainier Springs

ALL watches (smart and regular)

Jewelry

- Rings will be stored in safe/intake and assessment will stop at front

Necklaces

Bracelets /earrings

Money (under \$49)

- There are no vending machines available for patients

Opened cigarettes/tobacco items

Lighters

Duffle bags, suitcases, tote bags

No stuffed animals and blankets

No books or magazine- provided but Rainier Springs